

Go	At	On	For
	0.0	Start of route	0.0
L	0.0	East Dr	2.2
R	2.2	Exit park onto Adam Clayton Powell Jr Blvd	1.3
R	3.5	W 135th St	0.5
L	3.9	Madison Ave Bridge	0.3
S	4.3	E 138th St	0.1
QL	4.4	Grand Concourse	5.0
BR	9.3	Service Rd. CAUTION: traffic entering & exiting	0.1
R	9.5	Van Cortlandt Ave E	0.3
L	9.8	Bainbridge Ave	0.7
S	10.5	Merge onto Jerome Ave	0.6
R	11.1	E 233rd St	0.2
L	11.3	Van Cortlandt Park E	0.3
PIT	11.5	Pit stop at playground	0.3
R	11.8	E 240th St	0.4
R	12.2	McLean Ave	0.1
QL	12.2	Bronx River Rd	2.7
BR	15.0	over parkway on Midland	1.5
S	16.4	Main St into right lane at top of hill	0.1
QR	16.5	Highland Ave	0.8
L	17.3	California Rd	1.4
R	18.6	Lakeshore Dr	0.5
L	19.1	TRO Lakeshore Dr	0.5
L	19.5	New Wilmot Rd/Wilmot Rd	0.0
QR	19.6	Stratton Rd	1.2
R	20.8	Pinebrook Blvd	2.6
L	23.4	Forest Ave	1.5
R	24.9	Rockland Ave	0.3
L	25.2	Avon Rd	0.4
R	25.6	Fenimore Rd	0.7
L	26.4	Palmer Ave	0.3
R	26.6	Mamaroneck Ave	0.0
PIT	26.6	Lunch in Mamaroneck. Return to Palmer after lunch Note: Deli/Bakery on right; bagel shop on left; etc.	0.0
QL	26.7	Palmer Ave	3.4
S	30.1	Spring St	0.1
QL	30.2	Cedar St	0.1
R	30.3	Huguenot St. Move to left lane	0.2

Go	At	On	For
L	30.5	Lecount Pl ⇒ Locust	0.3
R	30.7	Clinton Pl	0.1
L	30.9	Church St	0.4
R	31.3	Pelham Rd ⇒ Pelham Shore Rd. ⇒ Shore Rd.	1.8
S	33.1	Shore Rd	1.4
S	34.5	@ Circle, take the 1st exit onto the ramp	0.0
QL	34.5	bike path	0.4
R	34.8	Follow bike lanes across Shore Rd. and then across City Island Rd. onto bike path to City Island	0.7
L	35.6	Rodmans Neck	0.0
S	35.6	@ Circle, take the 1st exit onto City Island Rd	1.9
PIT	37.6	Sightsee, grab some ice cream, etc. Then return up City Island Rd. to bridge	1.9
S	39.5	@ Circle, take the 1st exit onto Park Dr	0.2
L	39.7	bike path	0.6
L	40.3	across City Island Rd. onto bike path (on near side of Pelham Bridge Rd.)	0.7
R	41.0	across road to continue on bike path	0.2
S	41.2	Continue across several roads on bike path	0.5
R	41.7	at fork in bike path	0.1
R	41.9	across Parkway at traffic light onto Stillwell Ave	0.1
QL	41.9	Pelham Pkwy N (Service Rd.)	1.3
L	43.2	Bronxwood Ave	0.0
QR	43.3	bike path	0.4
S	43.6	Cross Boston Rd at cross walk	0.2
BL	43.8	Bear left/right onto bike path	0.6
L	44.4	Cross Allerton Ave. & turn left onto Mosholu Parkway Greenway	0.0
QL	44.4	TRO Mosholu Parkway Greenway	0.1
QR	44.5	Cross entrance ramp TRO Mosholu Parkway Greenway	0.1
S	44.6	Cross ramp and continue along Mosholu Parkway Greenway	1.6

Go	At	On	For
L	46.2	Cross parkway at W. Gun Hill Rd. and turn left onto Dickenson	0.1
R	46.3	Sedgwick Ave	0.2
BL	46.6	TRO Sedgwick Ave	0.5
R	47.1	Fort Independence St	0.1
BL	47.1	Heath Ave Note: CAUTION: watch for traffic from right	0.5
R	47.7	W Kingsbridge Rd/W. 225th St.	0.1
S	47.7	W 225th St	0.2
L	48.0	Broadway	0.0
QR	48.0	Cross Broadway Bridge on sidewalk	0.2
R	48.2	Exit sidewalk onto Broadway	0.1
R	48.3	W 218th St	0.2
L	48.5	Seaman Ave	0.8
L	49.3	Riverside Dr	0.0
QR	49.3	Broadway	0.5
R	49.8	Bennett Ave	0.7
R	50.5	W 181st St	0.1
QL	50.6	Fort Washington Ave	0.8
R	51.4	W 165th St	0.1
QL	51.5	Riverside Dr	4.9
L	56.3	W 72nd St	0.0
	56.4	End of route	